

AGN. NO. \_\_\_\_\_

MOTION BY SUPERVISOR HILDA L. SOLIS

MAY 12, 2015

**NATIONAL WOMEN'S HEALTH WEEK**

"National Women's Health Week" begins on Mother's Day each year and has been designated to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health.

"National Women's Health Week" is a national to raise awareness about manageable steps women can take to improve their health. The focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life. During this week, women are encouraged to make an appointment with their health care professionals to discuss which medical tests are right for them, as well as when and how often they should have them. The five health habits to improving a woman's health are: 1) getting regular check-ups; 2) engaging in physical activity; 3) maintaining a healthy diet; 4) not smoking and 5) following general safety rules.

**I, THEREFORE MOVE** that the Board of Supervisors proclaim the week of May 10-16, 2015 as "National Women's Health Week" throughout Los Angeles County to serve as a reminder to women to take care of themselves, and to make their health a priority.

**MOTION**

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| SOLIS         | _____ |
| RIDLEY-THOMAS | _____ |
| KUEHL         | _____ |
| KNABE         | _____ |
| ANTONOVICH    | _____ |

HLS: jyp